



On Your Knees

by Jannie Tofte Andersen - jannietofte@gmail.com
& Kirsten Matthiessen - kirsten.matthiessen@gmail.com



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Type of dance:	3 walls, 64 counts (you never dance the back wall)
Level:	High Intermediate
Music:	'Don't hurt me this way' by Lukas Graham. Buy on iTunes.
Intro:	4 count intro (app. 3 sec. into track)
Restart/tag:	Restart on wall 2 after 32 counts. Tag after wall 4. See bottom for details.

Counts	Footwork	End facing
1-8	Ball cross, ¼ L, step turn step, ball rock, coaster cross	
&1-2	Step L next to R, cross R over L, step ¼ L stepping L fw	09:00
3&4	Step R fw, turn ½ L stepping onto L, step R fw	03:00
&5-6	Step L next to R, rock R fw, recover onto L	03:00
7&8	Step R back, step L next to R, cross R over L	03:00
9-16	Side rock, behind side cross, point, rolling vine, slide	
1-2	Rock L to L side, recover onto R (to help yourself, grind L heel when recovering)	03:00
3&4	Cross L behind R, step R to R side, cross L over R	03:00
5	Point R to R side and prep body towards L	03:00
6&7-8	Turn ¼ R stepping R fw, turn ½ R stepping L back, turn ¼ R stepping R big step to R, slide L towards R	03:00
17-24	Ball cross, ¼ R, shuffle ½ R, mambo step, ball slide	
&1-2	Step L next to R, cross R over L, turn ¼ R stepping L back	06:00
3&4	Turn ¼ R stepping R to R side, step L next to R, turn ¼ R stepping R fw	12:00
5&6	Rock L fw, recover onto R, step L back	12:00
&7-8	Step R next to L, step L big step back sliding R towards L, step R next L	12:00
25-33	Monterey ¼ L, kick step rock step, diagonal step touches x3, kick ball cross	
1&2&	Point L to L side, turn ¼ L stepping L next R, point R to R side, step R next to L	09:00
3&4&	Kick L fw, cross L over R, rock R back, recover onto L	09:00
5&	Step R fw diagonally R, touch L next to R	09:00
6&	Step L fw diagonally L, touch R next to L	09:00
7&	Step R fw diagonally R, touch L next to R <i>On counts 5-7&:When stepping fw pop both knees out, when collecting return knees to centre</i>	09:00
8&1	Kick L fw diagonally L, step L next to R, cross R over L Restart here on wall 2:The end of your kick ball cross will become your first count	09:00
34-41	Back side, jazz box, jazz box ½ R, step lock step	
2-3	Step L back, step R to R side	09:00
&4&	Cross L over R, step R back, step L back diagonally L	09:00
5-7	Cross R over L, step L back, turn ½ R stepping R fw	03:00
8&1	Step L fw, lock R behind L, step L fw	03:00
42-49	Rock step, out out ball cross, ¼ L, side, cross turn turn R	
2-3	Rock R fw, recover onto L	03:00
&4&5	Step R to R side, step L to L side, step R next to L, cross L over R	03:00
6-7	Turn ¼ L stepping R back, step L to L side	12:00
8&1	Cross R over L, turn ¼ R stepping L back, turn ¼ R rocking R to R side	06:00
50-56	Recover, cross behind, ball cross shuffle, side rock, behind side	
2-3	Rcover onto L, cross R behind L	06:00
&4&5	Step L next to R, cross R over L, step L small step L, cross R over L	06:00
6-7	Rock L to L side, recover onto R	06:00
8&	Cross L behind R, step R to R side	06:00
57-64	Rock step, ball rock step, ball jazz box cross, kick ball cross	
1-2&	Rock L fw, recover onto R, step L next to R	06:00
3-4&	Rock R fw, recover onto L, step R next to L	06:00
5-6&7	Cross L over R, turn ¼ L stepping R back, step L small step to L, cross R over L	03:00
8&1	Kick L fw diagonally L, step L next to R, cross R over L The end of your kick ball cross will become your first count	03:00
Tag: After wall 4 facing 6:00		
(1)-2-3-4	(Cross R over L), step L back, turn ¼ R stepping R to R side, kick L fw diagonally L	09:00